Forty new ways to serve PINK and CHUM SALMON

SEAFEED

PINK and CHUM SALMON

Foods It Will Pay You to Use More Frequently

PINK and Chum salmon are among the most wholesome and least expensive foods it is possible to procure at the present time. The recipes compiled for this book will assist the economical housewife to serve them in tasty and attractive form. The variety of dishes suggested is such that the frequent use of one or both of these kinds of canned salmon will not be monotonous.

These recipes provide for the use of either Pink or Chum (White) salmon because these two varieties, by reason of their greater abundance, but not from any lack of quality, are the cheapest. Although these differ in color and flavor, so that each is specially suited to certain dishes, they are alike in their high food value.

Food Experts Recommend Highly.

Because of their high protein content and their body-building value, Pink and Chum salmon are both highly recommended by food experts.

Dr. Harvey W. Wiley, for thirty years chief of the U. S. Bureau of Chemistry, says:

"The light meated varieties of salmon are just as palatable and nutritious as the more highly colored species but people should be informed more definitely about them for many, when they open a can and find the meat is not red, think it is some other kind of meat or is inferior."

Prof. John N. Cobb of the U. S. Bureau of Fisheries, the recognized authority on fish, states that personally he prefers the Pink salmon to any other variety and that most of the fishermen when selecting fish for their own use choose it.

Others give preference to the Chum because its meat bears a close resemblance in color to that of the trout and is less oily than other varieties.

FOOD VALUES COMPARED

	% Protein
Chum Salmon	21.46
Pink Salmon	21.40
Sirloin Steak	16.50
Sugar Cured Ham	14.20
Macaroni	13.40
Eggs	13.10
Spring Chicken	12.00
Rice	8.00
Baked Beans (canned)	6.90
Potatoes	1.80

Fish from the Pacific Ocean.

The life history of the salmon and the methods by which enormous quantities of this fish are caught and prepared for distribution are full of interest.

In the clear, icy streams that flow from the snow-clad mountains of Alaska and the Pacific Northwest, small orange-colored globules, lying along the shallow riffles, hatch into tiny fish. These

live for a time in the sweet, fresh water but as they grow larger they follow the current downward to the great ocean.

For from two to four years these salmon swim the briny deep and then, impelled by some strange instinct, they seek to return to the stream from whence they came. It is on this return journey, as they come from the ocean to the mouth of their native river, that this "silver horde" is taken in great numbers in various kinds of nets and traps.

The Pink salmon is the smallest member of the Salmon family, averaging about four pounds in weight. It matures in two years and is found in great numbers in Puget Sound and along the Alaskan coast. Its flesh is of a coral-pink tint and is especially tender and delicately flavored.

The Chum or White salmon is a larger fish, averaging about eight pounds. It matures in from three to four years, "runs" in the fall and is widely distributed along the North Pacific coast. It is distinguished by the trout-like color of its flesh which is of a creamy tint. This salmon is also sometimes called Keta.

After being captured, the salmon are taken from the net or trap to canneries, where they are dressed, trimmed and cut in slices by machinery. These slices of solid meat, which are just the size to fit in a can, are inserted in them, also by machinery, and for two hours they are subjected to a heat of from 240 to 250 degrees F. under a steam pressure of 10½ pounds. This cooks the flesh thoroughly, softens the bones, and insures complete sterilization.

Canned salmon is packed by numerous companies and under a large variety of labels, but some-

where on each can will be found the name which designates the kind of salmon within, as Pink, Chum, etc.

Convenience.

Few foods equal canned salmon in convenience of preparation. It comes to the housewife in pound or half-pound cans. It can be kept indefinitely when unopened and is quickly prepared in an emergency. The fact that it has been so thoroughly cooked in canning removes any necessity for additional cooking before serving except for the purpose of warming or cooking the other ingredients which may be added in special dishes. Compared with the preparation of fresh meats or fish, a considerable saving in time, fuel and energy is effected.

The body-building elements of Pink or Chum salmon are especially important for growing boys and girls. "For children over six, it is the cheapest and most nutritious animal food that can be had," states Dr. Wiley. These varieties being the least oily have a special value as summer foods and for people who wish to avoid fat producing elements.

The frequent use of Pink or Chum salmon is recommended both because of its nourishing qualities and because of its exceptional economy. It comes ready to serve with little effort; there is very little waste compared with more expensive meats, as there is no gristle or large bones, and such small bones as it contains are so softened by cooking as to be edible and these contain valuable elements.

A further saving can generally be effected by buying these fish by the case. With a few cans of salmon on the pantry shelf you are always prepared to get a meal quickly if you have forgotten to order meat or if the delivery is delayed.

RECIPES

Pink Salmon Cocktail

Flake one-pound can of pink salmon and remove bones and skin. Place in 8 cocktail glasses, pour over each one tablespoonful of following dressing. Serve with slice of lemon and wafer. Dressing:

1 tbsp. horseradish
1 tbsp. vinegar
1 tbsp. Worcestershire sauce
2 tbsp. tomato catsup
2 tbsp. lemon juice
1 dash of tabasco
½ tsp. salt

Very appetizing. Will serve 8 persons.

Pink Salmon Chowder

1 ½-lb. can pink salmon
1 small onion
1 pint milk
1 medium-sized potato
¼ lb. salt pork
2 crackers
Salt and pepper to taste

Remove salmon from can, and break fish into pieces. Dice the potato and cut pork and onion into half-inch dice. Put pork and onion into pan and fry quickly, until they are a light brown. Place potato, fish, pork and onion in a large saucepan, dust with salt and pepper. Cover the whole with boiling water and let the mixture simmer for 20 minutes. Add pint of milk and 2 finely broken crackers. Serve in soup plates. An excellent chowder, inexpensive and nutritious.

SALADS

(In all salads, use Pink Salmon)

Pink Salmon Salad

1-lb. can Pink salmon
½ pint celery
½ pint Mayonnaise

Free the salmon from skin, bones. Pick the fish apart and add the celery (which has first been cut fine) and Mayonnaise dressing, tossing lightly. Season to taste. Save a little Mayonnaise to pour over the top. Arrange in salad dish and garnish with curled lettuce and drops of red jelly, or serve on fresh, crisp lettuce leaves.

Stuffed Eggs with Salmon Filling

Make a regular Pink Salmon Salad with the chopped celery, yolks of eggs and Mayonnaise. Take as many eggs as desired, put them into boiling water and let stand for 35 minutes. Remove shells, cut a slice off the top and bottom (the latter to make it stand), then take out the yolks and fill the whites with the salad. Serve in lettuce leaves and over all pour Mayonnaise.

Salmon Salad with Peas

Drain one half-pound can of Pink salmon and remove skin and bones, separate into small pieces, add one cup of cooked peas and mix with any good salad dressing. Serve on lettuce leaves. A good late-supper or emergency dish.

Salmon and Cabbage Salad

1 half-pound can Pink salmon
2 cups finely cut cabbage
2 hard-boiled eggs, chopped
3 sweet pickles, chopped fine

Remove bones and skin and break apart. Add cabbage, eggs and pickles. Mix all together with salad dressing and serve on crisp lettuce leaves. This will serve six portions.

Combination Salmon Salad

1-lb. can Pink salmon
3 hard boiled eggs
2 heads good firm lettuce
1 small can peas
½ cucumber

Shred the salmon lightly with a fork, cut the lettuce into fine strands, and mix both together lightly, then add the peas freed from all moisture, and decorate with finely sliced cucumber and eggs cut into rings. This salad is served with Mayonnaise dressing, and is very fine. Is also very decorative when served on large lettuce leaves. This quantity makes 16 portions, suitable for picnic salads. For home serving, reduce ingredients proportionately.

Salmon and Celery Salad

1-lb. can Pink salmon
1 cup celery
2 hard-boiled eggs
3 tbsp. vinegar
1 tbsp. butter
3 egg yolks
1 tsp. dry mustard
½ tsp. salt
1 cup whipped cream

Pick contents of can of salmon into shreds and pour over the juice which is in the can. Cut a cupful of celery very

fine, and chop two hard boiled eggs fine, pour over all of this a Mayonnaise made as follows: Boil 3 tblsp. vinegar and 1 tblsp. butter, pour on beaten yolks of 3 eggs, add 1 tsp. dry mustard, ½ tsp. salt, and when cool, add 1 cup whipped cream. Or—omit ingredients for Mayonnaise and use any salad dressing.

Potato and Pink Salmon Salad

1 pound can Pink Salmon, broken into small parts.
3 cups boiled potatoes, diced small.

Cut several leaves of lettuce into small pieces, and mix with other ingredients. Sprinkle with little salt and juice of lemon, and serve on lettuce leaves with boiled salad dressing or with Mayonnaise, if preferred.

BAKED DISHES

Salmon au Gratin

Remove skin and bones from one-pound can of Chum salmon, add two eggs, two ounces butter, stock from salmon can, season with salt and pepper. Mix and beat in bowl, add one cup soft, stale bread and enough milk to soften. Bake in buttered deep dish until top is nice brown.

Pink or Chum Salmon with Macaroni

A good one-dish meal. Pick one can of Pink or Chum salmon into small pieces. Make one pint of ordinary White Sauce. Put a layer of boiled macaroni broken in inch lengths in the bottom of baking dish, next a layer of sauce, then a layer of salmon, continuing until dish is filled. Sauce should come last and be sprinkled with buttered crumbs. Bake until brown.

Salmon Souffle

1-lb. can pink or chum salmon
1 beaten egg—omit if desired
1½ cupfuls milk
2 tbsp. butter or margarine
¼ tsp. pepper
1 cupful rolled cracker crumbs
2 tbsp. flour
1 tsp. salt
1 tbsp. minced onion

Remove bones from pound can of pink or chum salmon and separate the fish into small pieces. Melt butter, stir in

flour and when smooth, add gradually the milk and salmon liquor, cooking and stirring constantly until thickened. Into a greased casserole or baking dish arrange a layer of the salmon through which the onion and seasoning has been mixed, then a layer of cracker crumbs, and cover with white sauce. Repeat until all is used, having crumbs on top. Dot with butter or oleomargarine, and bake in a moderate oven for about 25 minutes. It will rise to about double its original bulk. If egg is used, add the beaten egg to a quarter cupful of milk and mix with the white sauce.

Pink or Chum Salmon in Ramekins

Melt 3 tbsp. butter, add 3 tbsp. flour and pour on gradually on ecup of milk. To this add one pound can Pink or Chum salmon, having previously removed the bones and skin and flaked it fine, also one can peas, ¼ tsp. salt and ¼ tsp. celery salt. Fill ramekins and cover with buttered crumbs. Bake till light brown. This can also be made without the peas, and will serve six people.

Baked Chum Salmon with Tomato Sauce

1-lb. can Chum salmon
1 cup tomatoes
½ cup water
1 slice onion
clove or two
1 tsp. vinegar
2 tsp. butter
1½ tsp. flour
½ tsp. salt
pepper to taste

Cook tomatoes, water, onions, cloves and vinegar twenty minutes. Melt butter, add flour, and stir into hot mixture. Add salt and pepper, cook ten minutes, then strain. Add salmon and put in baking pan, pour around half the sauce and bake thirty-five minutes, basting often. Remove to hot platter, pour around remaining hot sauce and garnish with parsley. This will serve from four to six persons.

Baked Salmon in Pepper Cases

1-lb. can pink or chum salmon, 8 green peppers, crackers, butter.

Remove skin and bones from one can of salmon, season with salt and pepper and onion juice. Mix with an equal quantity of cracker crumbs moistened with butter, or left-over stuffing can be used instead. The mixture should be

quite moist; if not, add a little milk. Cut lengthwise 8 sweet green peppers, remove seeds, parboil 5 minutes and fill with fish. Put in baking pan, surround with hot water, and cook until cases are soft but not broken.

Baked Chum Salmon

With a fork break apart 1 can of Chum salmon. Mix with 2 heaping cups of hot mashed, seasoned potatoes, break in and mix all together 1 egg. Form into little balls and fry brown or make into a loaf and bake in well greased bread tin ½ hour or until nicely browned. Use ¼ cup of milk in mixing as that will help it to brown.

Scalloped Salmon

1-lb. can pink or chum salmon, one-half cup of fine dry bread crumbs; 1 tbsp. butter; 1 heaping tbsp. flour; 1 pint good rich milk; salt, pepper and paprika.

Melt butter in a saucepan and add flour and stir until melted and mixed but not browned. Remove from fire and slowly add milk until smooth. Then return to fire to thicken like cream. Add a little salt, pepper and paprika to suit taste. Remove salmon from the can, remove any bits of bone and skin, and separate flakes with fork. Butter a pudding dish, add a layer of bread crumbs, then a layer of salmon, and cover with the dressing. Lastly cover top with crumbs and bits of butter and place in the oven about 20 minutes to heat through thoroughly and brown on top. The size of the baking dish will regulate the number of layers of salmon and other ingredients.

Salmon Turnovers

Make a rich dough as for shortcake. Take 1 can pink or chum salmon and remove liquid and bones, 1 can of green peas. Roll out a disk of dough about 6 inches across. Fill with 1 tbsp. pink or chum salmon, 1 tbsp. peas, a little salt and pepper, bits of butter. Moisten the edges with cold water, turn over and press together with a fork. Bake in moderate oven until delicate brown.

Salmon Loaf with Drawn Butter Sauce

1-lb. can Pink or Chum Salmon
½ cupful milk
⅛ tsp. pepper
1 tsp. minced onion
1 cupful soft bread crumbs
2 beaten eggs
1½ tsp. salt
grated rind of ½ lemon

Drain liquor from salmon and reserve for sauce. Remove salmon bones, separate into flakes and mix with other ingredients. Mold into a loaf, pack in greased bread pan and bake in moderate oven for 40 minutes. Remove to a hot platter, decorate with parsley and lemon slices and serve with it the following:

Drawn Butter Sauce

Melt 2 tbsp. butter, stir into it 2 tbsp. flour and when smooth add the salmon liquor diluted with enough water to make 1¼ cupful, adding it gradually and stirring constantly until thickened. Then add 2 tbsp. more of butter broken into bits, 1 tsp. lemon juice, 1 tsp. minced parsley and salt and pepper. When butter is melted, serve.

Salmon Cakes

To 1 small can of Pink Salmon (or Chum), add 1 pint of mashed potatoes, prepared as for table use; add 1 beaten egg, 1 tbsp. melted butter, salt, and pepper to taste. (If too dry add a little milk.) Make into flat cakes; place in buttered pan, and brown in hot oven.

FRIED DISHES

Salmon Cutlets

1-lb. can Pink or Chum Salmon, 1 cupful thick White Sauce, 1 tbsp. lemon juice, 1 egg.

Pick over the salmon and remove skin and bones. Mix the salmon and lemon juice, then stir in the thick White Sauce. Turn out on plate to cool, divide in twelve portions and shape like cutlets. Beat the eggs slightly, roll cutlets in it, then cover thoroughly with fine bread crumbs. Fry in deep fat until brown. Garnish with parsley and serve. For six portions, make half measurements.

Salmon Croquettes

1-lb. can Pink or Chum Salmon
½ can peas
2 tbsp. butter or oleomargarine
4 tbsp. flour
1 egg
fat for frying
1 cupful milk
1 egg (additional)
1 tsp. salt
⅛ tsp. pepper
½ cupful fine bread crumbs

Remove bones and flake salmon. Melt butter, stir in flour and add gradually the milk, stirring constantly. It will be very thick. Add seasonings and mix with peas and salmon. Add beaten egg, then cool. When cool, form into croquettes, roll in crumbs, then in beaten egg to which has been added a tbsp. of water, then again in crumbs, and fry in deep hot fat to a golden brown. Drain on brown paper and serve on hot platter surrounded by hot mashed potatoes decorated with parsley.

BOILED DISHES

Boiled Pink or Chum Salmon

Place a can of Pink or Chum salmon in a saucepan, cover with boiling water and cook fifteen minutes. Take the fish from can, and separate skin and bones. Serve hot with

Hollandaise Sauce

½ teacup butter
yolks 2 eggs
½ cupful boiling water
juice ½ lemon
dash of cayenne
½ tsp. salt

Beat butter to a cream, add the yolks one by one, then the lemon juice, pepper and salt. Place the bowl in which these are mixed in a saucepan of boiling water. Beat with an egg-beater until the sauce begins to thicken (about a minute) and add the boiling water, beating all the time. When it is like a soft custard, it is done.

Salmon a la Creole

Cook in 2 heaping tbsp. butter 1 finely chopped green pepper, 1 minced onion, and 1 chopped tomato (or one-half cup of canned tomatoes); add liquid drained from salmon with enough water added to it to make 1 cupful, stir

until the pepper and onion are soft; add 1 can of Pink or Chum Salmon, drained and minced. Simmer and serve hot.

Curried Chum Salmon

Melt 2 tbsp. butter in a saucepan, add ⅓ cup flour, and 1 tsp. curry powder; rub smooth in 1 pint of milk; stir until it thickens; season with salt; add 1 can Chum Salmon and heat thoroughly while stirring; place in center of a platter and border with hot boiled rice seasoned with salt and dotted with butter.

CREAMED DISHES

Pink or Chum Creamed Salmon

2 level tbsp. butter
¼ tsp. salt
1 cup hot milk
2 level tbsp. flour
pinch of pepper
1 can Pink or Chum Salmon

Melt butter in saucepan, when bubbling but not burning, add the flour, salt and pepper and mix until perfectly smooth. Add very slowly the hot milk, stirring constantly. Cook until it thickens, adding more salt if necessary. Heat can of salmon, unopened, in pan of boiling water. Open and remove all bones and skin from salmon, and break into inch pieces on platter. Pour sauce over salmon and serve hot.

Salmon Patties

1-lb. can Pink or Chum Salmon
1½ cupful milk
3 level tbsp. flour
1 tsp. salt
⅛ tsp. pepper
rich pastry
1 cupful diced celery, cooked tender
3 tbsp. butter or oleomargarine
dash paprika

Prepare rich pastry and bake in hot oven on inverted gem pans. Prick sides and bottom to avoid shrinkage. Cool.

Drain liquor from salmon and reserve for sauce. Remove bone and flake salmon. Melt butter, stir in flour and when blended add gradually, stirring constantly, the milk mixed with the salmon liquor and ¼ cupful water in which celery was cooked. Add salmon, celery and seasonings. Reheat the pastry shells and pour hot salmon mixture in them. Serve at once. If desired, green peas may also be added.

Creamed Salmon with Peas

1 can Pink or Chum Salmon
1 can peas
2 tbsp. butter
3 tbsp. flour
1 pint of milk
salt and pepper to taste

Melt butter in pan, add the flour and mix to a paste, add a little milk and mix smooth, then the remainder of the milk, cook to a rather thick cream, stirring constantly; if too thick add more milk. Drain water from peas, and heat salmon in small pieces. Add with the peas to a cream and serve on toast. This will serve four people.

Ten-Minute Creamed Salmon

Make a good white sauce by rubbing a tablespoonful of flour into a tablespoonful of melted butter. When smooth add 1 cup of cold milk, and stir while it is cooking. Add 1 can of Pink or Chum Salmon separated into small pieces. If the sauce seems too thick, add a little of the liquor from the fish. Serve on soft buttered toast or square soda crackers. This may be varied by adding one-half teaspoonful of curry powder to the sauce, rubbing it in with the flour and butter. Serve for breakfast, dinner or supper. It can be prepared in ten minutes.

STEAMED DISHES

Pink or Chum Salmon Loaf

One can Pink or Chum Salmon, pick up fine with fork; ½ cup fine bread crumbs, yolks of four eggs well beaten, four tbsp. of melted butter, ¼ level teaspoonful of salt, one level teaspoonful poultry dressing, one level teaspoonful finely chopped parsley, whites of four eggs well whipped. Mix in the order given, and steam in mold one hour. Serve hot or cold. If eaten hot, serve with fish sauce.

Casserole Rice with Salmon

Line the bottom and sides of a mold with cold boiled rice one-half inch thick, fill the cavity with creamed Pink or Chum Salmon and cover with rice. Steam 45 minutes, turn out on hot platter, pour either a White Sauce or a Hollandaise Sauce over and around it. Serve hot. If a mold is not used, it can be put into a bowl and brown paper tied over the top. (For Hollandaise Sauce see page 11.)

LUNCH AND PICNIC SANDWICHES

Pink Salmon Sandwiches

One cup boiled salad dressing, 1½ cups minced Pink Salmon, season to taste. Mix dressing and salmon to a paste. Slice bread very thin and spread with the salmon paste, cut into dainty shapes and garnish with watercress or parsley. These can be made 2 or 3 hours before serving by placing closely together and covering with damp napkin. The Salmon Paste will keep indefinitely. Very good.

Salmon Salad Sandwiches

One-lb. can Pink Salmon, 1 tablespoonful any salad dressing, 2 tablespoonfuls finely chopped cucumber pickles (sour), 1 teaspoonful grated onion or onion juice, one-half teaspoonful mixed salt and pepper. Mix thoroughly and spread between thin slices of bread.

Egg and Salmon Sandwiches

One-lb. can Pink Salmon, remove bones and skin. Pick salmon apart with a fork. Six hard boiled eggs chopped fine. Moisten with salad dressing thinned with cream. This makes fifty sandwiches.

PICNIC SUGGESTIONS

(See also Salads and Sandwiches)

Pressed Pink Salmon

Two eggs, 2 level tablespoonfuls melted butter, two cupfuls fine bread crumbs, one can Pink Salmon put through a sieve, ¼ level teaspoonful salt, pinch of Cayenne pepper or 2 pinches of paprika. Mix all together, turn into mold, cover and steam one hour. When cold, cut in thin slices. Serve with or without Tartar Sauce. This is excellent filling for sandwiches.

Cold Pink Salmon with Mayonnaise

Pink Salmon is delicious when served cold, just as it is taken from the can. It may be served with either cold Bearnaise, Tartar Sauce, Mayonnaise, lemon juice or vinegar. Garnish with sliced hard boiled eggs and sprigs of parsley.

Mayonnaise Dressing

Yolks of two raw eggs, one level tsp. salt, one level tsp. mustard, 1 tsp. vinegar or lemon juice, juice of one lemon, pint to pint and half of salad oil, according to the quantity of dressing desired. Put yolks of the eggs into a bowl, stir enough to break them, then add the salt, mustard, tsp. vinegar or lemon juice and tsp. of salad oil; mix with an egg beater until smooth. Beat in gradually about half tsp., not more, at a time of salad oil until half a pint has been used. Add occasionally a tsp. or more of lemon juice as the rest of the oil is beaten in. If by chance too much oil should be added, do not attempt to stir it all in at once, but take it up gradually. Sometimes when the dressing curdles a little vinegar being added will bring it back. If this fails, take the yolk of a fresh egg and put it in another dish. Beat it slightly, add the curdled dressing, just as you would add oil, slowly. This is sure to meet with success, if egg is fresh.

CHAFING DISHES

Pink or Chum Salmon on Toast

Three large tbsp. butter, melt. Stir in large tbsp. of flour and ½ tsp. dry mustard; 1 cup milk; stir until a thick gravy; then stir into this 1 cup flaked salmon; season with salt, pepper and paprika; few drops Tabasco sauce, and finally pour into this ½ cup of catsup. Serve on hot toast or on toasted crackers.

Salmon a la Newburg

Dissolve 1 dessert spoonful of cornstarch in 1 pint of cold milk; add 1 tbsp. of butter, 1 beaten egg, and cook until thick. Season with salt and paprika to taste. Add 1 can of drained Pink or Chum Salmon, 1 tsp. of lemon juice, and 3 tbsp. of double cream. Serve on toasted bread or crackers.

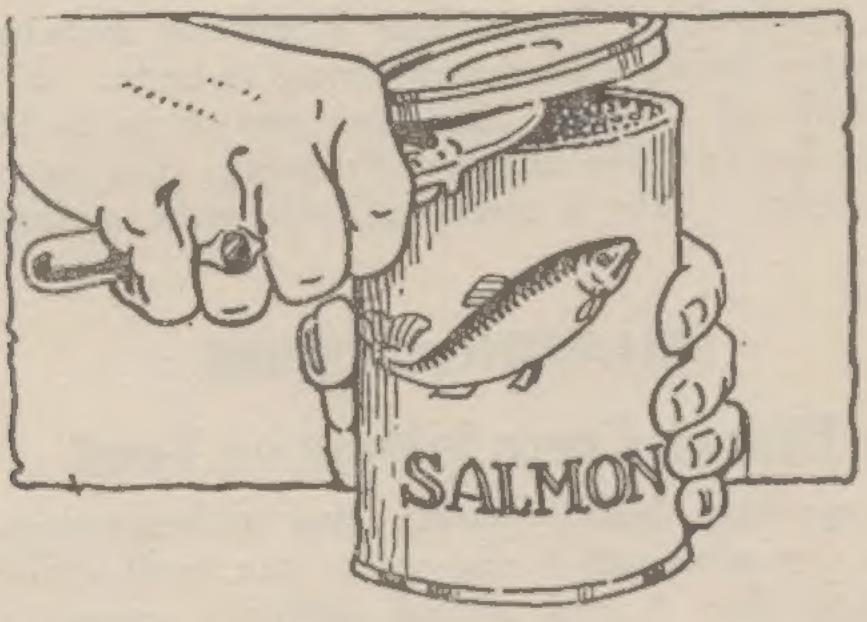
Salmon Hollandaise

Melt 2 tbsp. butter in the upper pan of the chafing dish, add 1 can Pink or Chum Salmon, drained, 1 can peas,

drained and washed in cold water, 1 level tsp. salt and a little paprika. Add the juice of 1 lemon and stir until hot. Serve on toasted crackers.

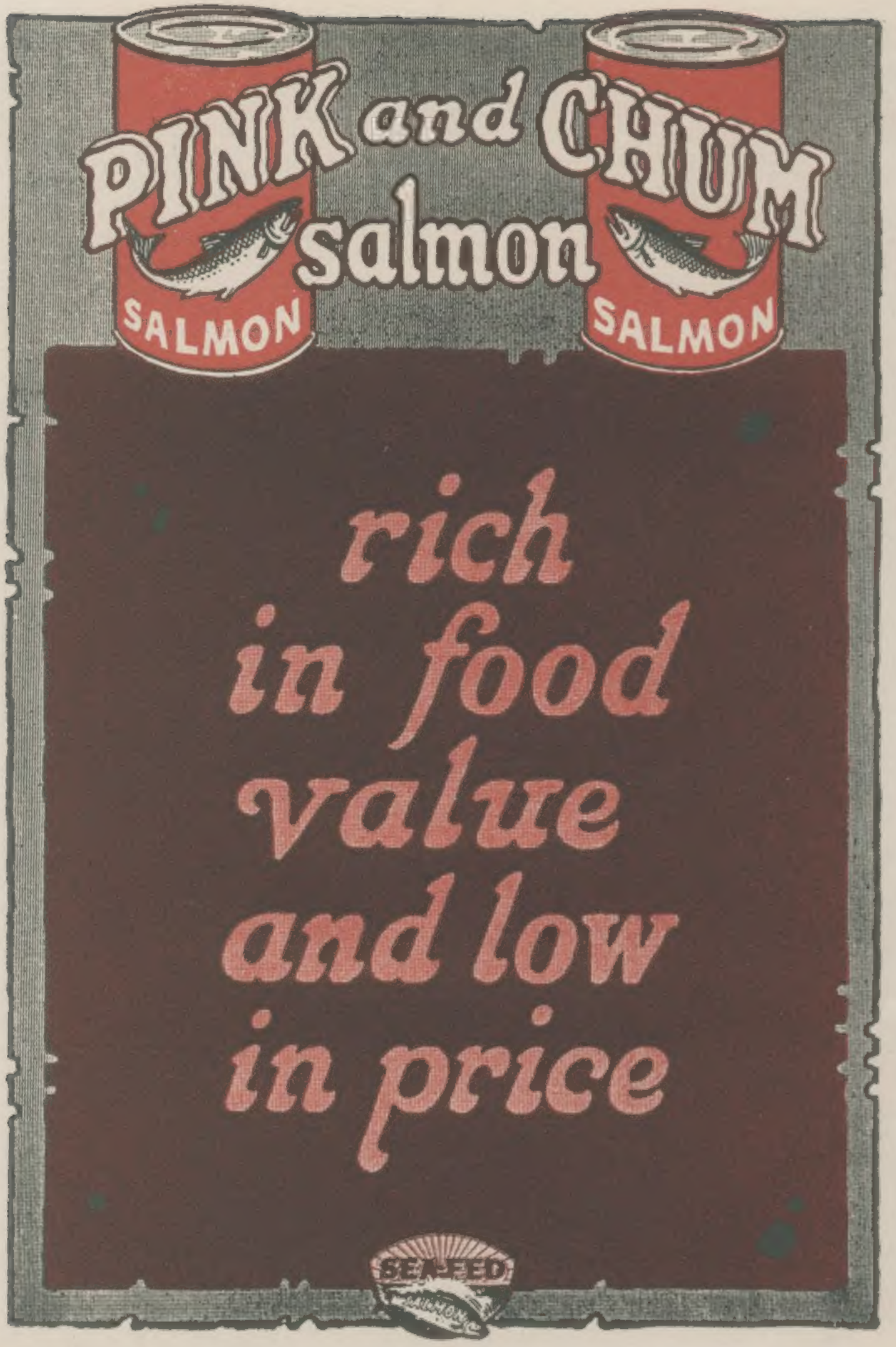
Salmon in Chafing Dish

Put into chafing dish 2 tablespoonfuls butter, a finely minced onion, a sweet green pepper minced and seeded; and a cup of tomatoes. Let it cook 2 or 3 minutes; then add one-half cup of boiling water and one-half pint of Pink or Chum Salmon. Salt to taste. Serve as soon as fish is heated.



How to Open
a Salmon Can
Properly

ASSOCIATION OF PACIFIC FISHERIES
Educational Division Seattle, U. S. A.


PINK and CHUM
salmon
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and low
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SEA-FED